

## A200 Variable Goal Training - Skating and Puckhandling - U18 F

### Key Points:

Simulate a defender by using small nets as obstacles. The player skates around and carries the puck using various moves and fakes. Any move can be practiced and the nets are a much larger obstacle than pylons. Focus on good technique.

### Description:

1. Put 4 nets as obstacles down the length of the ice.
2. Player does various skating and puck handling exercises and finish with a shot. Start slowly focusing on technique and then add speed and different skills around each net.
3. The video example shows.

- A. Cross over skating and weave through the nets without a puck.
- B. Cross over skate and weave through the nets with a puck as quietly as possible.
- C. Heel to heel pivot past the nets alternating sides with a puck.
- D. Yo-yo the puck into the net and out practicing the toe drag.
- E. Fake shot and tight turn each way (without crossing the hands on forehand.)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012070509240852>

<https://youtu.be/jkM2HgWjB8o>

